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# I Quit Sugar



## Synopsis

A practical week-by-week guide for quitting sugar - and getting you clean, clear and lighter! Sarah Wilson is a high-profile Australian TV and magazine journalist, as well as a health coach, and her 8-week program draws on her personal journey (through hypoglycemia and auto-immune disease) as well as tips and research from the best experts around the world. I Quit Sugar includes recipes, shopping lists and clever tricks for ditching the sweet stuff - for good.

## Book Information

Audible Audio Edition

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## Customer Reviews

I knew sugar wasn't good for me, and I knew I ate too much of it, but giving up sugar is something I never considered. Sugar is both personal and social for me, and not eating it sounded wickedly depriving and isolating. Not to mention impossible. So I read this just out of curiosity, not so much believing I would do it. Sarah gives the idea of quitting sugar (specifically, fructose) a spin that piqued my interest. She doesn't claim you absolutely have to eat any certain way, like most books. She approaches the whole thing as an invitation to experiment, and shares the reasons she quit sugar, as well as the ways that she eased into the experiment herself. For the first time, I wondered how much sugar was really affecting me, and whether it might be interesting to try and find out. So the book made me curious, then followed up with a slew of ideas and tools to make a sugar-free experiment feel possible. Tricks, recipes of tasty things to try, things to look for on labels, ideas about what can replace sugar in your day, a list of foods you can take shopping, things you can say if you get hostile reactions from friends, ways to find a path for yourself. She keeps reminding you to do it curiously, gently, not rigidly the way other books preach. She gives a very useful 8 week outline

with helpful ideas for each week, but every bit of it is open for your own personal experimentation. No guilt. I think that was the most appealing part of her approach for me - there is no shaming attached, no absolutes about the right way to eat the rest of your life, no "diet" mentality or mention of a required weight you have to reach to feel good about yourself, no guilt trips for making mistakes. Just the invitation to see what happens after 8 weeks.

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